

GUIDING LIGHT



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## *Guilt*

“I’m to blame and we all know it.”

## *Shame*

“What would they think if they knew?”

## *Fatigue*

“What time is it? Ugh, it’s not even worth it.”

## *Self-Loathing*

“I’m worthless; why would anybody want anything to do with me anyway?”

## *Anxiety*

“This is such a mess. What will they think? This is too much...”

## *Despair*

“I can’t handle things getting any worse, it’s already too much.”

## *Paranoia*

“Quit watching me. Just stop.”

## *Self-pity*

“Why does this have to happen to me?”

## *Procrastination*

“Why even bother?”

## *Resentment*

“The world is such an awful place. They know exactly what they are doing, too.”

## *Negligence*

“It’s not like it will make a difference anyway.”

## *Disgust*

“Everything is ugly.”